We all want to be a part of helping to develop emotionally and intellectually healthy kids. Right? Today we are going to learn how to make a small shift in our thinking that can yield big results for our kids and ourselves.

Our speaker today is an Australian psychologist, academic, researcher, and author who specializes in positive education, parenting and organizations. She has held an academic position at the University of Melbourne for more than 20 years. As well she holds affiliate positions at Cambridge University’s Wellbeing Institute and the University of Michigan’s Center for Positive Organizations… and is a member of the Science Board at The University of California, Berkeley’s Greater Good Science Center.

She is the 2017-2019 President of the International Positive Psychology Association and serves on the Council of Happiness and Education for the World Happiness Council.

As a researcher, she has published more than 100 scientific articles and book chapters. Her first book, *The Strength Switch: How The New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish*, was released in May 2017.

You may have seen her featured recently in publications such as *The Washington Post*, *The New York Times* or *The Wall Street Journal*.

She is most proud of being able to practice the new science of strength-based parenting with her own son and daughter.

Please help me welcome Lea Waters P H D